

# The Sourdough

S E N T I N E L

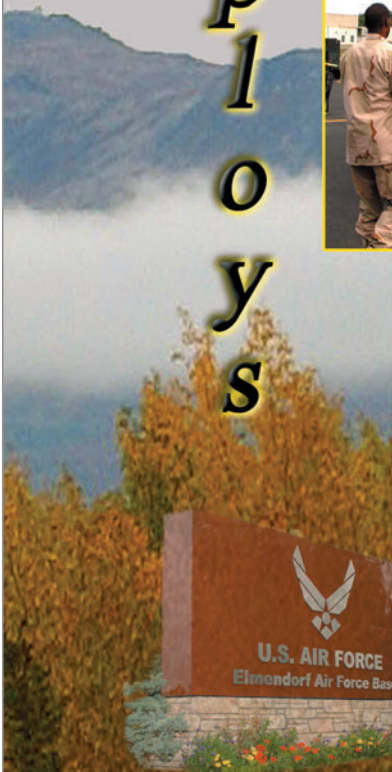
Sept. 16, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 37

AEF 7

Elmendorf AFB deploys





# AF celebrates 58 years while looking toward the future

By Gen. Paul Hester  
Pacific Air Forces commander

The U.S. Air Force will celebrate its 58th anniversary Sunday, and while it marks a time to reflect on our humble beginnings as a separate service, it's also an opportunity to look at where we're headed.

As we, the men and women of the Pacific Air Forces celebrate, I urge each of us to look toward the future as our predecessors did back in 1947.

Those bold pioneers who established our foundation of independence and excellence, officers by the names of Doolittle, Arnold and Chenault, influenced by air-power theorists, such as Mitchell, Trenchard and Douhet, took pride in the role they played in the beginnings of today's most powerful Air Force.

It's been less than a century since William "Billy" Mitchell demonstrated how bombers, correctly equipped, could sink some

of the world's largest war vessels like the German battleship Ost-friesland. In response to the resultant fury of our nation's battleship commanders, his superiors sent him to Hawaii to quiet the hot debate of a separate air service. As you know, it didn't work.

Instead, off the coast of Mitchell's place of temporary exile, PACAF recently reiterated the decisive nature of the air power Mitchell envisioned and for which he fought so fervently.

In joint demonstrations of maritime interdiction capability, several different Air Force aircraft types showed their lethality in Resultant Fury '05, and most recently in another exercise in the North Pacific.

We've come a long way; from fighting to convince our nation's leaders of the necessity of a separate Air Force to establishing complete air superiority over our enemies in a matter of hours.

Today's is a global war that's caused us to shift our focus and

redefine the way our military fights.

We've come full circle. Instead of focusing on our separate strengths, we're focusing on the synergy of jointness, cooperating with our sister services, Guard and Reserve Units, and coalition partners at a level never before achieved.

PACAF is undergoing a transformation of its own. You're the pioneers of the expanding PACAF mission. Be proud in the role you play as Airmen in new endeavors such as standing up the Kenney warfighting headquarters; in the beddown of rotational bombers, fighters and tankers; in preparing for the addition of C-17s, Global Hawks, and additional fighter forces to the PACAF arsenal.

Happy Birthday to our great Air Force family and to you magnificent PACAF Airmen whose contributions are helping to redefine the 21st century's United States Air Force. I'm proud to be serving with you!



**Senior Airman James Kenney**, 3rd Aircraft Maintenance Squadron, distinguished himself as an outstanding F-15 avionics systems journeyman while participating as a member of a flight control impoundment team, organized to isolate an uncommanded yaw on aircraft 85-0096.

During this period, he exhausted 45 man-hours while identifying a faulty lateral feel-trim actuator as the cause for the flight control discrepancy.

Airman Kenney's knowledge led to an accurate fix, terminating the discrepancy.

**Capt. George Mullani**, 90th Fighter Squadron and **Capt. Thomas Davis**, 3rd Operations Support Squadron flawlessly planned and executed four full-scale weapon deliveries during joint exercise HULKEX, sinking the ex-USS Oldendorf.

They coordinated directly with Pacific Air Forces, Air Combat Command, Air Staff and 3rd Wing assets to ensure weapon availability and build up.

They integrated with U.S. Navy forces during the six hour mission, meeting all objectives despite demanding weather conditions and limited fuel options, and were personally lauded by the PACAF director of operations and chairman of the Joint Chiefs of Staff.

**Arctic Valley Rescue** responded to the Arctic Valley ski slope for a man who fell and lacerated his leg, leaving him unable to walk.

In coordination with the Fire Station 4 dispatcher, they arranged a UH-60 Blackhawk medevac, boarded the aircraft, and landed on the mountain top.

The team traveled 400 yards on a steep slope, packaged and carried the individual 400 yards uphill, then flew directly to Elmendorf.

They stopped the bleeding, treated for shock and prevented loss of the limb.



PHOTO BY MASTER SGT. TOMMIE BAKER

## In remembrance

**Col. Scotty Lewis, 3rd Wing vice commander, spoke at the Alaska Fallen Firefighter Memorial on Airport Heights Sunday. Members of the Anchorage Police and Fire Departments were in attendance, as were many military members. The ceremony has been held annually since Sept. 11, 2002.**



**Brig. Gen. Hawk Carlisle**  
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@**  
**elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

**Key phone numbers:**


- Col. Mike Hass, 3rd CES/CC  
552-3007
- Maj. Mark Allen, 3rd SVS/CC  
552-2468
- Maj. Mitch Bird, 3rd SFS/CC  
552-4304

## 3rd Wing Moment in History

**Motto:** Non Solum Armis - Not by Arms Alone

**Significance:** The shield is divided diagonally into the original colors of the Air Service, green and black. Over the dividing line is a band of the Air Force's present colors, ultramarine blue and golden yellow representative of the Rio Grande River dividing the U.S. and Mexico. On the green field is a yellow cactus commemorating the group's first patrols along the Mexican border. Around the shield is a white border with black German crosses equal to the number of aerial victories credited to the Group's original squadrons during the Great War.





# The Sourdough

SENTINEL

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# When Your Family Income Changes

## Deployments may bring about money worries, undue stress

By Master Sgt. Tommie Baker  
3rd Wing Public Affairs

A family's income may drop for any number of reasons. A layoff may lead to long-term unemployment or a lower-paying job. An employer may reduce or eliminate overtime wages. A disability, divorce, or death in the family may result in a dip in earnings.

One area that brings about financial concerns that nonmilitary families don't usually have to deal with is the deployment of a servicemember.

Whatever the reason, it's natural to feel worried, angry, or down when your income drops. It's also natural to keep spending as if your income hasn't changed – until you face a serious financial crisis. But there are steps you can take to adjust emotionally and financially to your new circumstances before you get into trouble.

### Look at your lifestyle and spending habits

When a servicemember deploys, do you have to adjust to the loss of income because the member held a second job and that money will no longer be available? When your income drops, it's important to recognize that your life has changed and that you and your family will have to adjust to new spending habits and new expectations. The sooner you do this, the more control you will have over your financial situation and your life.

■ Take command of your situation as soon as possible by putting a halt to unnecessary spending.

It's natural to want to keep up familiar spending patterns to maintain the standard of living you are used to – by using credit cards or dipping into savings to get by. But this will soon lead to financial trouble. By the time many people adjust their buying habits to reflect their changed financial circumstances, they are often in serious debt.

■ Stop using your credit card.

Credit cards allow you to spend money you don't really have, at interest rates that make this among the most expensive forms of borrowing. Avoid adding any unnecessary pur-

chases to your credit cards. Put your credit cards away in a drawer or cut them up if you find you can't control credit card spending.

■ Don't exceed your credit limit on credit cards.

Most credit cards have a credit limit. But instead of restricting customers by denying approval for over-limit spending, companies often allow customers to spend beyond their limit and charge a steep fee for every over-limit expense. If you exceed your limit more than once in a billing period, you will be charged a fee each time.

■ Pay down your credit cards month by month.

Work toward paying them off one at a time. The Family Support Center has a program called Power Pay, designed to help target the quickest way to pay off your cards.

■ Check your credit card interest rate each month.

If you reduce your payments, allow your unpaid balance to grow, or miss even a single payment, your lender may increase your interest rate without notifying you of the change. Switching to a new credit card may not help matters because credit companies share this information.

■ Track your spending, this is called monitoring.

Most people have no idea how much money they spend in a day, a week, or a month. When the money is there to cover the expenses, that may not matter. But when your income drops and money gets tighter, it becomes very important to know where your money is going. It's often the cash spending – for coffee, meals out, movies, and other "extras" – that throw a budget out of balance.

A simple way to get a handle on your spending is to start monitoring, carry a notebook with you for at least a month, if not two, and record every cash purchase. At the end of that period, you should have a good idea of which expenses can be eliminated or reduced.

■ Take a hard look at the big-ticket items in your budget.

Ask yourself the following questions.

*Could you drive a less expensive vehicle?* Your car may be costing you more than you can afford when you factor in maintenance, insurance, gasoline, payments, and interest. If your car is costly to maintain, gets low gas mileage, or carries high loan payments, then consider trading down to a less expensive vehicle. If you are a two-car family, consider eliminating one car altogether, especially if you have access to public transportation. You may be able to do without both of them.

*Are you a careful shopper at the grocery store?* Convenience foods, expensive cuts of meat, and sugary drinks are all unnecessary additions to your grocery bill. Buy in bulk if possible and cook from scratch.

*Is there a way to reduce your child care costs?* If your spouse or partner is now at home, could he or she care for the children? Could you share child care with a relative or close friend?

■ Look at how much you are spending on luxury items and recreation.

Switch to less costly entertainment. Movies, plays, and tickets to professional sports games can make a big dent in the budget. It's much cheaper to rent videos, and cheaper still to borrow them from the local library.

Eating out costs money. If you're in the habit of eating fast-food meals for convenience or of going out to dinner as a way to relax, make it a new habit to make your own meals and make dining out more of a special treat. It can be healthier for you, and it will certainly help you rein in your spending.

### Work together to control family spending

You may feel that your financial concerns are yours alone. In fact, they affect everyone in your household. Because every member of the family contributes to the household spending, every person should be involved in the effort to get the family budget in balance. It's helpful to meet as a family to discuss your changed financial situation. Before you do that, here are some things to think about.

■ How are you handling the change in income?

Do you view it as a catastrophe, or as a chance to take stock of what

you have? Your attitude will influence your family's feelings about the change.

■ Do you have a clear understanding of the situation?

If you are uncertain about your financial picture, you may project uncertainty to children, who now more than ever need stability in their lives.

When you are ready, sit down together as a family and describe the challenges before you. Emphasize that no one is to blame, and that it will take everybody's help to adjust to the new income. Choose your language carefully. If you tell your family that they will be on a strict budget, they will feel deprived.

Instead, ask them for help deciding how to spend the family's resources. This will help everyone adjust to the change more easily and feel more in control of the situation.

Here are some issues to talk about with your family:

■ Living on a budget is nothing to be ashamed of.

This can be hard to accept in a culture that seems to be driven by spending. The people you and your children see on television tend to drive new cars, wear the latest fashions, and live in nice homes.

Your children may worry that their friendships depend on things that cost money. But the world shown on TV sitcoms is not the real world. And as adults we know that good friendships endure despite financial differences.

Remind your family that you don't need expensive things to live a good life.

■ There are lots of ways we can save money as a family.

Discuss how each of you can help the family live within its means. Ask for everyone's input and create a family spending plan. Everyone will feel invested in the budget if they help develop it. Ideas may be simple, such as turning off lights when leaving a room and taking lunch to school instead of buying it.

Other ideas may require some sacrifice, such as giving up summer camp, or putting a moratorium on all purchases over a certain amount. Older children may offer ways to contribute to the family income,

See Page 5, INCOME CHANGES



### Blood Drive

The Blood Bank of Alaska will hold a drive today at the Joint Military Mall from 11 a.m. to 5 p.m.

There will also be the monthly drive Sept. 26, 9 a.m. to 5 p.m., at the Arctic Oasis Community Center.

Many people try to squeeze in one last trip this time of year while the weather transitions to the cooler fall conditions. With so many vehicles on the roads, accidents can happen. For example, one car accident can consume 50 units of blood. Come out and support this worthwhile cause. The life you save could be yours.

To schedule an appointment, contact your unit blood drive monitor or 1st Lt. Veronica Acker at 552-9982, email [veronica.acker@elmendorf.af.mil](mailto:veronica.acker@elmendorf.af.mil), or 1st Lt. Graham Davey at 552-5324, email [graham.davey@elmendorf.af.mil](mailto:graham.davey@elmendorf.af.mil).

### Claims office closes doors for two weeks

Due to fiscal year closeout, the claims division office will be unable to process claims until Sept. 30.

Exceptions will be made for claims that are nearing their two-year statute of limitations.

We apologize for any inconvenience this may cause.

Contact the claims division office at 552-5410 if you have any questions. (Courtesy of 3rd Wing Legal office)



# An apple a day...

By Staff Sgt. Krista Lippert  
3rd Medical Group

Have you ever heard the saying “Five a day”? The USDA recommends an intake of at least five portions of fruits and vegetables per person per day to help reduce the risk of some cancers, heart disease and many other chronic conditions.

Sound easy?

For some it is quite a challenge. Research shows that only one in seven of us achieve the five a day quota.

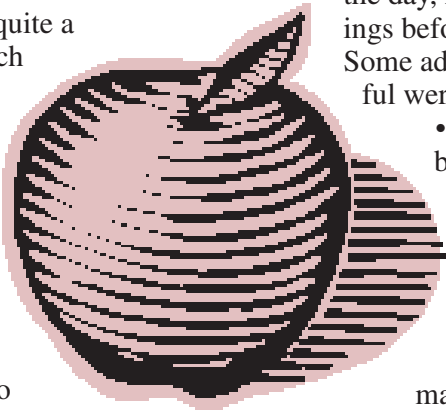
What is a serving of fruits?

One large banana counts as two servings. One small apple, orange, and other fruits about the size of a small fist or tennis ball are one serving.

One-half cup canned fruit is one serving. Two tablespoons or one-quarter cup of dried fruit is also considered a serving. Four ounces of 100 percent juice is one serving.

Although be careful, fruit juices can be tricky. For example, a large juice that is 16 ounces contains 240 calories.

That is like eating four oranges or apples in a row!



A serving of vegetables is one-half cup cooked, one cup raw. Also four ounces of vegetable or tomato juice equal a serving.

Recently, after keeping a food journal to track such things as “Five a day,” fiber, protein, fat, and calories, I realized that I eat less than one fruit or vegetable per day!

So to make sure I was getting enough fruits and veggies throughout the day, I ate at least four servings before 3 p.m. It’s a great start. Some additional tips that were helpful were:

- Add spinach, tomatoes, bean sprouts, cucumbers, onions and any other available veggies to your sub.
- Keep raisins and fruit cups in your desk drawer for snacks
- Add raisins, grapes, mandarin oranges, apples, apricots, and craisins (dried cranberries) to your salad.
- Add fruit to your bread stuffing or dressing. Apples and raisins are popular additions.
- Add spinach, mushrooms, and zucchini to your lasagna.
- Frozen fruit bars are also a good source for getting your fruit level up.
- Smoothies are a fun breakfast food!
- Spread chunky applesauce on your morning French toast pancakes, or waffles, instead of syrup.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

## Thank you, sir

**Lt. Gen. Howie Chandler, 11th Air Force Commander, shakes hands with and presents a coin to Airman Basic Gamaliel Serbano, 3rd Services Squadron. General Chandler and Airman Serbano had just finished cutting the cake during the Air Force Ball held Saturday at the Anchorage Sheraton. The traditional cake-cutting ceremony recognizes the most senior and most junior Airmen by having them cut the cake together.**



# INCOME CHANGES: *Deployments bring possible financial stressors*

Continued from page 3

by babysitting, mowing lawns, or finding a part-time job one or two afternoons a week after school.

- Still having fun together.

In your efforts to reduce spending, it's important not to deprive yourself and your family by cutting out the fun things in life. When trimming entertainment costs, try to compensate in other ways so your family doesn't feel deprived or resentful.

You may decide to cancel cable TV service, but you might still budget money to rent one movie every weekend.

You may need to choose a vacation spot within driving distance or go camping together rather than renting a place to stay, but don't give up the special vacation time together.

Ask your children to make a list of ways to have fun that don't cost money.

Ideas might include bike riding, having a picnic, going to the playground, and playing games at home.

## *Avoid financial traps*

When money is tight, it's tempting to turn to quick fixes. But some can have harmful consequences. Here are three traps to avoid:

- Don't cash in your Thrift Savings Plan, 401(k) or IRA plans.
- You may be tempted to claim the money in your retirement plan to pay off debts or help maintain your

lifestyle. If you do, you will not only rob your future, but you will lose a great deal of money. When you cash in your TSP, 401(k) or IRA plan, a substantial portion of the funds are diverted to pay for income taxes as well as penalties for early withdrawal.

- Think twice before consolidating credit card debt into a home equity loan.

Combining your high-interest loans into a single low-interest home equity loan may seem like a wise move. But unless you also cancel your credit cards and stop other debt spending, this consolidation of debt

may simply allow you to build even more debt. If you fall behind in the payments on a home equity loan, you will lose your home. A better approach is to cut back on your spending and use the money you save to pay down your high-interest credit cards month by month, and pay them off one by one. If you are having trouble meeting the payments on your loans, call your creditors and explain how your financial situation has changed. Set up a payment plan that you can live with. If you're still thinking about consolidating your loans, seek the advice of a Personal Financial Adviser at the FSC.

- Avoid payday loans at all cost.
- These quick loans carry outrageously high interest rates. They will only put you deeper into debt.
- The sooner you and your family change your spending habits, the easier it will be to find ways to live within your means. If you wait, you may get yourself into debt trouble that will make it much harder to get your budget in balance.

## *Use change to take charge*

Use this change as an opportunity to take charge of your finances so that you feel in control of your life. In time you will learn to spend less and live well. The FSC serves everyone assigned at Elmendorf.

The FSC's goal is to help you further understand and plan for financial freedom. For more information, call and make an appointment at 552-4943.

Other sources available on base to help in times of stress are the Chapel Center, 552-4422, and the Health and Wellness Center, 552-2361.

The HAWC has a Stress Management class scheduled Sept. 23. Call for more information on it or other programs they offer.

*Editor's note: This is the second of a five-part series coordinated with the Family Support Center. Much of the information is gathered from [www.airforceonesource.com](http://www.airforceonesource.com).*

### *Financial help available*

The Family Support Center offers financial counseling for both individuals and families on a continuous basis. Some of these services are:

**Basic Budget:**

- Look at family income
- Take out all bills
- Find surplus or deficit

**Monitoring:**

- Track spending for at least two months
- Write everything down
- Redo budget with monitoring book expenditures
- Brainstorm on how to change spending habits

**Power Pay:**

- Find surplus and designate

some to help pay more than minimum on bills

- Build program and talk about schedule
- Provide written schedule or chart

**Financial Goal setting:**

- Our goal is to help you meet your goal
- Part time jobs and quit spending is an option
- Spread out your goals

**Investments:**

- The FSC will not tell you where to put your money, but they will give an explanation of the different areas that are available for investing

For more information, call the FSC at 552-4943.



PHOTO BY TECH. SGT. RANDY MALLARD, 379TH AIR EXPEDITIONARY WING

### Staff Sgt. Jarrod Willhite

**Duty title:** 3rd Operations Support Squadron, air traffic controller recently deployed to the 379th Expeditionary Operations Support Squadron

**Mission Contributions:** Seen here documenting the arrival time on a flight progress strip. The information is used to track aircraft movement into and out of the base.

**Deployment experience:** “This deployment has given me a more global view of how the Air Force works as a team and how air traffic control fits into the overall mission.”

**Supervisor’s comments:** “The controllers are a critical part of the base’s defense system. Without them there would be utter chaos when each pilot decided to do his or her own thing to work themselves back on the ground or into the air.” Capt. Spencer Watson, 379th Expeditionary Operations Support Squadron airfield operations flight commander, deployed from Travis Air Force Base, Calif.



PHOTO BY TECH. SGT. SHARON BALTAZAR

### Tech. Sgt. Sam Cliff

**Duty title:** Pacific Air Forces Band, band craftsman, trumpet

**Hometown:** Columbus, Ohio

**Hobbies:** Hiking, biking, skiing and weight lifting

**Mission Contributions:** Provides musical support for military morale, community relations and directly supports Alaskan Command initiatives

**Time at Elmendorf:** One year

**Time in the Air Force:** 16 years, three months

**Best part of being in Alaska:** The beautiful scenery/wildlife and outdoor sports

**Supervisor’s comments:** “Sergeant Cliff is a selfless team player and a leader in the unit who people look up to and go to first to get things done.” Master Sgt. Jeffery Manley

## MDG adjusts schedule

The Medical Group’s Family Practice and Pediatrics clinics, along with the outpatient pharmacy, will no longer be open on Saturday mornings.

When clinics are not open, call the health advice line at 550-3377 or 1-888-805-3377 to speak directly with a nurse if you have a health concern.

The 3rd MDG is closed for routine outpatient clinic and pharmacy services on federal holidays and scheduled military down days.

Emergency care will continue unchanged in the 3rd MDG Emergency Department.

## Bargain Shop

The fall and winter hours are Monday, Wednesday and Friday 10 a.m. to 2 p.m.

Consignments are only accepted Monday and Friday 10 a.m. to noon.

Today, fill a paper bag from selected items and pay only \$3.

For information, call 753-6134.

## Coffee Break

Join the Family Support Center for a spouse connection coffee break Tuesday and Sept. 27 at 9:30 a.m. at the Arctic Oasis Community Center.

## OEF/OIF veterans

A free seven-week educational series, “Is life ever normal,” sponsored by the Veterans Affairs office, is available at 2529 Debarr Rd. beginning Tuesday.

It covers:

- Homecoming after deployment

- Common reactions to war
  - Family and friends, relationships
  - Resources for returning soldiers
    - Mental Health resources
    - Dealing with sleep problems
  - Long Term Emotional Health
  - Stress coping skills
  - Spirituality
- Call 257-4827 for information.

## Commissioning Briefing

Wednesday at 8 a.m. at the Education Office. For information, call Joe O’Neil at 552-9647.

## AEF Outreach team

Pacific Air Forces’ Air Expeditionary Force Outreach Team will be at the base theater Sept. 22 at 3 p.m. and Sept. 23 at 8 a.m. to provide a 45 minute briefing on AEF Execution.

The program’s goal is to visit each base annually to present current AEF information and receive direct feedback.

This will improve overall AEF understanding and allow PACAF to respond to problems from the field. Members at the base level are given current AEF information from Air Staff, AEF-Center and PACAF senior leadership.

The briefing is open to all active-duty members and their families.

For more information, call 552-3246.

## Education Fair

Talk to school representatives Sept. 23 from 10 a.m. to 2 p.m. at the Education Center.

Come discuss and complete finan-

cial aid forms.

For information, call 552-3292.

## Bundles for babies

A class designed for parents-to-be or new parents is Sept. 29, at the FSC at 9 a.m.

The class explains what resources are available and a free gift is provided to attendees.

For information or to register, call 552-4943.

## Arctic Bazaar

The 20th Annual Arctic Bazaar is scheduled Oct. 15 in Hangar 5 from 9 a.m. to 5 p.m.

For vendor information, call 694-1106. For volunteer information, call 644-4728.

## Free gold mining

Crow Creek gold mine in Girdwood is offering free gold panning to active-duty military members during the month of September. Call Cynthia Toohey at 278-8061 or Sean Toohey at 223-3610 for information.

## Renter’s Insurance

All Aurora Phase II residents are eligible for free renter’s insurance and may also receive \$8 credit per month if personal insurance is already in place.

For information, call 753-1023.

## Haunted house help

The Fall Fest Haunted House is Oct. 28-30. Volunteers are needed to build the house, sell tickets, act as guides and work as various monsters and ghouls. For information or to volunteer, call 552-8529.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.





U.S. AIR FORCE PHOTO

## Yukla 27 memorial service

At 7:47 a.m. Sept. 22, 1995, the 24 American and Canadian crew members of the E-3 Sentry with the call sign Yukla 27 lost their lives in the only E-3 crash in U.S. Air Force history. There will be a memorial service Thursday at 7:47 a.m., marking the ten year anniversary to the minute. The memorial service will be held at Yukla Memorial Park adjacent to the 3rd Wing headquarters building.

*“...each chose to answer the highest calling of citizenship by risking his personal safety in defense of his country. There is no more selfless act. All who die in the line of duty do so that others might live in peace and prosperity. It is a profound sacrifice and a priceless gift. The tragic accident which claimed Yukla 27 transformed its 24 man crew into the stuff of legend. The day of their loss will be forever marked in the history and chronicles of the United States Air Force, the Canadian Armed Forces and the state of Alaska.”*

Brig. Gen. Hugh C. Cameron, former 3rd Wing commander, March 1995-Nov. 1996

AADD STATISTICS

AIRMEN AGAINST DRUNK DRIVING  
PICK-UPS  
YEAR TO DATE

1663

DUI'S FROM  
ELMENDORF AS OF LAST WEEK

27

EXCUSES  
TO DRINK AND DRIVE

0

POTENTIAL LIVES SAVED BY AIRMEN  
AGAINST DRUNK DRIVING

COUNTLESS

WHO TO CALL WHEN YOU NEED A SAFE  
RIDE HOME

552-HOME (4663)



# Airmen receive non-judicial punishment

## Several Airmen discharged for prior misconduct

**Article 15s:**

An airman 1st class with the 3rd Civil Engineer Squadron failed to go to work on time and was drunk on duty. His punishment consisted of a suspended reduction to the grade of airman, forfeiture of \$150 pay per month for two months and a reprimand.

A senior airman with the 3rd CES failed to go to work, physical training and his Physical Fitness Assessment on time. His punishment consisted of a reduction to the grade of airman first class, forfeiture of \$250 pay per month for two months, 30 days extra duty and a reprimand.

A senior airman with the 3rd Equipment Maintenance Squadron failed to go to work and made a false official statement. His punishment consisted of a suspended reduction to the grade of airman first class, forfeiture of \$150 pay per month for two months and 30 days extra duty.

**Discharges:**

An airman first class from the 3rd Security Forces Squadron was administratively discharged for a pattern of misconduct. His misconduct included three Letters of Reprimand. One of the reprimands was for brandishing a weapon during an altercation with a civilian. The local district attorney is prosecuting this case as a felony. The member's misconduct resulted in his general discharge.

A senior airman from the 3rd SFS was administratively discharged for failing to progress in upgrade training. The member's inability to advance in upgrade training resulted in her honorable discharge.

An airman from the 3rd Medical Operations Squadron was administratively discharged

for multiple minor disciplinary infractions. His misconduct included one Article 15 for failure to go to his appointed place of duty, a vacation action on suspended punishment from the Article 15 for failing to report to his appointed place of duty, four Letters of Reprimand and a Letter of Counseling. The member's misconduct resulted in his general discharge.

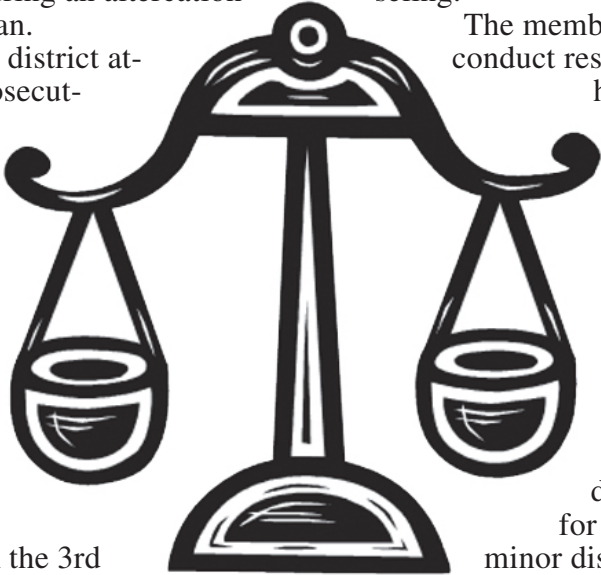
An airman basic from the 3rd CES was administratively discharged for multiple minor disciplinary infractions. His misconduct included one Article 15 for Alcohol and Drug Abuse Prevention & Treatment program failure and four Letters of Reprimand including one for an off-base DUI where the member was prosecuted downtown. He pled no contest and was found guilty. He was sentenced to three days

in jail and a \$1,500 fine. The member's misconduct resulted in his general discharge.

An airman basic from the 3rd EMS was administratively discharged for multiple minor disciplinary infractions. His misconduct included one Article 15 for failing to store a firearm in the armory, one Article 15 for reckless driving and dereliction of duty and the vacation of a suspended punishment. The member's misconduct resulted in his general discharge.

A senior airman from the 3rd EMS was administratively discharged for multiple minor disciplinary infractions. His misconduct included seven Letters of Reprimand and three Letters of Counseling. The member's misconduct resulted in his general discharge.

An airman basic from the 3rd EMS was administratively discharged for a pattern of misconduct. His misconduct included one Article 15 for forwarding sexually explicit images on a government computer and one Letter of Reprimand for driving while impaired. The member's misconduct resulted in his general discharge.





# Arctic Life

Great living in the great land

## Polar Force 05-4



PHOTO BY STAFF SGT. ALAN PORT



PHOTO BY STAFF SGT. ALAN PORT



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

**Left:** Capt. Gary Novak, 3rd Medical Group, removes the mask from a simulated patient, Senior Airman Timothy Rountree, 90th Aircraft Maintenance Unit, during a phase two exercise scenario in the field hospital.

**Above center:** Senior Airman Heather Benoit, 3rd Mission Support Squadron, reviews mobility folders, ensuring wing members' readiness for deployment.

**Above right:** Senior Airman Jonathon Higdon, 12th AMU, performs maintenance on an F-15 engine.

**Below:** Master Sgt. Joseph Crist, 3rd Logistics Readiness Squadron, guides Airman 1st Class Michael Schwind, 3rd LRS, as cargo is unloaded during the exercise.

**By Master Sgt. Tommie Baker**  
3rd Wing Public Affairs

From admin to ammo, maintenance to medics and virtually every other career field on base, the resounding roar of the giant voice bellowing "Exercise, exercise, exercise," has been a familiar occurrence this week.

What began last week as an exercise measuring the wing's ability to prepare to deploy, quickly ramped up to a simulated deployment at a hypothetical hostile location.

Last week's phase one exercise afforded the wing the opportunity to demonstrate its skills and expertise in the areas necessary to get units ready to deploy. Pallets were loaded, aircraft were prepped and a multitude of other areas geared up to support the wing's war fighting efforts.

After a brief pause during the weekend, the fight was on.

All the work and preparation performed during phase one was put to the test as the wing "deployed" to Base X.

Late-night and early-morning aircraft takeoffs made many people adjust their schedules as members simulated activities at

their "deployed" location.

"These Polar Force exercises give wing leadership and members of the wing's Exercise Evaluation Team a picture of the wing's readiness in a realistic combat environment," said Maj. Tim Moser, 3rd Wing Plans, Programs

and Inspections chief.

"Through these exercises, we are able to ensure that we are ready to do our jobs in any environment, whether chemical, biological, radiological, nuclear, or high-yield explosives," he said.

This particular exercise may

have ended, but rest assured, there will be others.

The next inspection the wing will have is the Unit Compliance Inspection Feb. 13-16, 2006.

Following that, the next Polar Force exercise will be March 29 to April 6, 2006.



PHOTO BY STAFF SGT. ALAN PORT



# Troops leave for AEF 7



By Senior Airman Jared Marquis  
3rd Wing Public Affairs

Arctic Warriors from around the base are leaving for their Air Expeditionary Force rotations.

The most recent departures took place Tuesday when approximately 50 Airmen left for Southwest Asia in support of Operations Enduring and Iraqi Freedom.

They join almost 600 Elmendorf Airmen currently deployed to more than a dozen locations around the world.

Lt. Col. Doug Galloway, 3rd Comptroller Squadron commander, deploying to Kuwait noted that "this is my first deployment in a 30-year career, so I'm real excited to finally get to go and be a part of that mission."

With the AEF rotations, the Air Force gives members and their families as much preparation time as possible for upcoming deployments.

"We've known for four months that I was going to deploy, so my family and I have had plenty of time to prepare," Colonel Galloway said.



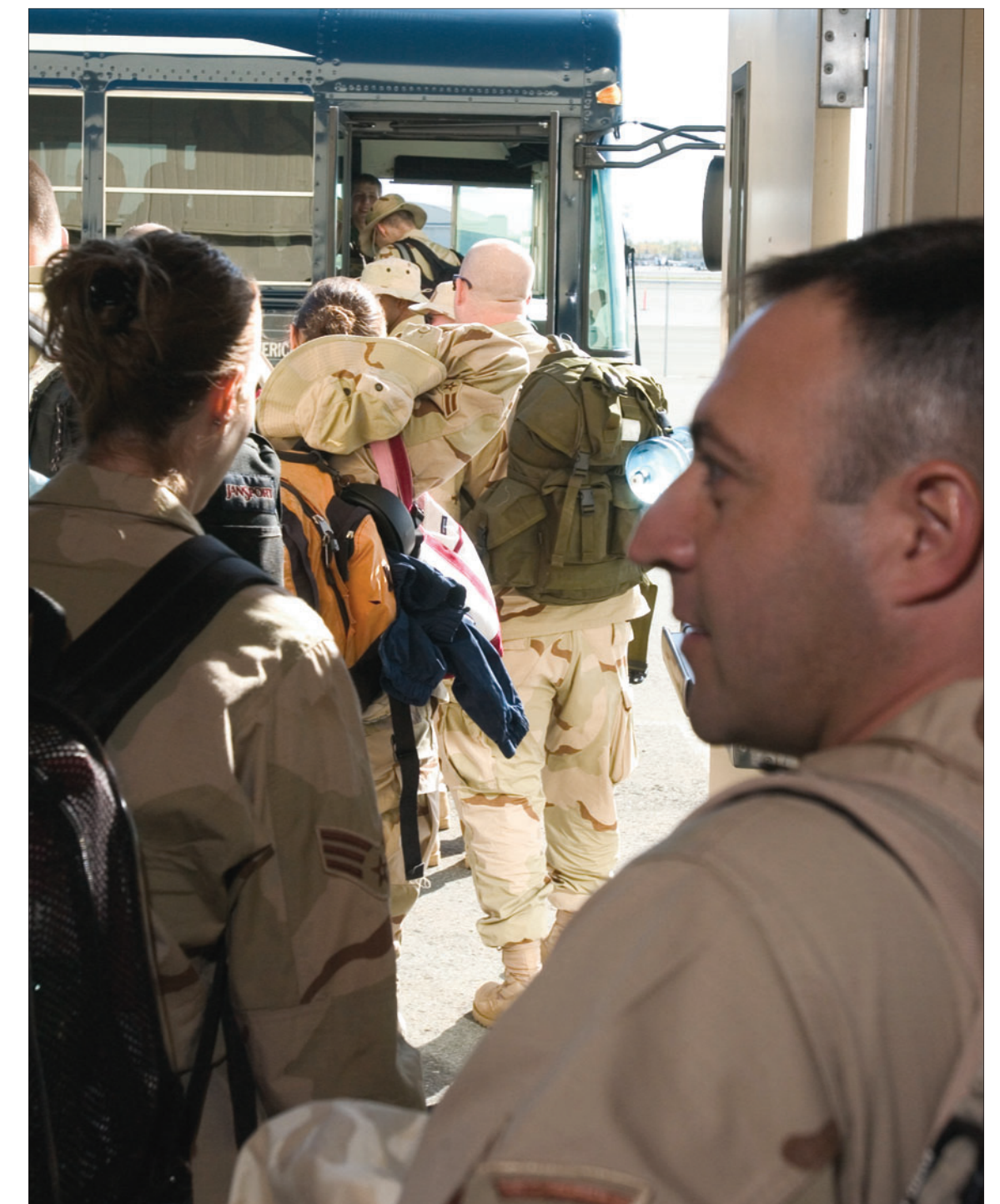
PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

Above left: Staff Sgt. Valisa Gates, 3rd Mission Support Squadron, reviews an out-processing checklist with Senior Airman Melissa Perry, 3rd Logistics Readiness Squadron, to make sure her mobility folder is in order. The out-processing line at the Joint Military Complex is part of deployment procedures to make sure military members are ready for departure to their deployed location.

Above: 2nd Lt. Kelsi Matwick, 3rd MSS, reviews the mobility folder for Tech. Sgt. William Goff, 3rd LRS.

Below: Troops from Elmendorf load up onto buses that will take them out to an awaiting airliner for their flight into their deployed locations.

Left: Senior Airman Joe Greene, 3rd Civil Engineer Squadron, spends his last moments at Elmendorf, before deploying, with his wife, Airman 1st Class Jennifer Greene, 3rd Medical Group, and son Joey.





# Clubs offer “Grand Giveaway”

By Mrs. Mary Rall  
3rd Services Marketing

Have you ever wondered what it feels like to win \$1,000? Well, eligible club patrons from throughout the base now have a chance to find out through “The Grand Giveaway” Air Force club membership campaign.

The 2005 campaign is featured at the Susitna and Kashim clubs now through Nov. 30 and is open to all active-duty servicemembers, reservists, guardsmen, base civilian employees and retirees.

Six each of both new and current club members will receive \$1,000 in club card credit to use on their card, for a total of \$12,000 in prizes.

New members are those who join the club from Sept. 1 through Nov. 30 while current members are those who have been a club member since before Sept. 1.

Also, while members can sign up and qualify to win now, the campaign will really get pumping with a Membership Drive Kick-off and Glacier Nite Club Grand Reopening Party Sept. 23 at the Kashim Club.

The party is open to all patrons and will include free food from 8-9 p.m., entertainment from comedian Adam Ace from 9-10 p.m. and DJ T. Marteen from KGOT from 10 p.m. to 2 a.m.

This year’s drive also features a new twist for club patrons by including three incentives as a part of the PACAF Pentathlon to help participants win even more.

All applicants who sign up for club

membership during September are eligible for Pentathlon prizes. The PACAF Pentathlon ends Sept. 30.

Pentathlon players can receive two game pieces for joining the club or transferring their membership from another installation. Drawings of used Pentathlon pieces will be made from club collection boxes for weekly prizes and a drawing will be held at the end of the Pentathlon promotion in which all club members will be eligible to win one of two \$50 and two \$100 club credit prizes.

Further, club members now receive free cash rewards, which will be upgraded throughout the club membership drive. Individuals who use their cards on base at 3rd Services Squadron facilities, the Commissary or the Base Exchange will receive four points for every \$1 spent, which is twice as much as would normally be awarded.

Club staff members will be on hand at the Kashim Club’s Kids Day event Oct. 1 from noon to 3 p.m. and at the Fall Fest Oct. 28-30 to help sign up new members who are interested in qualifying for membership drive prizes and taking advantage of Members First pricing and savings throughout the year.

Interested patrons can also stop by the Susitna and Kashim clubs to sign up or can download the club application form at [www.elmendorfservices.com](http://www.elmendorfservices.com).

For more information or questions concerning membership, call 753-3131.

**YOUTH SPORTS:** Youth Basketball and Cheerleading registration ends today at the Youth Center. 552-2266

**MOVIE:** *Must Love Dogs* (PG-13) Sarah, a divorced preschool teacher has sworn off dating after her bad breakup. Her sister places a personal ad for her, declaring that anyone answering it “must love dogs,” despite the fact that Sarah doesn’t own a dog herself. When someone intriguing responds to the ad, she decides to borrow her brother’s dog, and plunge in. 7 p.m.

## ...:sat

**CLEAN CLOSETS:** A Summer Cleaning Yard Sale will be offered Saturday from 9 a.m. to 3 p.m. at the Yukon Community Center. 552-8529

**MOVIE:** *Must Love Dogs* (PG-13) See movie description above. 7 p.m.

## ...:sun

**LANE ACTION:** Join in the fun of Family Xtreme Bowling and get two hours of Xtreme bowling, shoe rental, two pitchers of soda and popcorn for \$30 for up to six people per lane Sunday from 1-8 p.m. at the Polar Bowl. 552-4108

**MOVIE:** *Deuce Bigalow: European Gigolo* (R) Deuce is seduced back to his unlikely pleasure-for-pay profession, when his former pimp T.J. Hicks is implicated in the murders of Europe’s greatest gigolos. Deuce must go back to work in order to clear his good friend’s name. 7 p.m.

## ...:fyi

**NFL TICKET:** Satellite football is now offered Sundays at 8:30 a.m. at the Kashim Club. Be sure to stop by and catch live games or drop by the club Monday nights for Football Frenzy, which will have opportunities for club members to win tickets to the Super Bowl or Pro Bowl as well as weekly prizes. Both programs are open to all ranks. 753-3131

## ...:inside the fence

**Give Parents a Break,** Today from 1-5 p.m. at the Child Development Centers. 552-8304

**Taco Bar Social Hour,** Today from 5-6 p.m. featuring snacks and specials at The Cave and the Kashim Lounge. 753-3131

**Back to School Dance,** Today from 6-8 p.m. at the Youth Center. 552-2266

**Open Bowling,** Today from 5 p.m. to 1 a.m. for \$2.75 per game at the Polar Bowl. 552-4108

**CGOC Night,** Today with \$1 drafts beginning at 4 p.m. at The Cave. 753-3131

**Retiree Appreciation Night,** Retirees receive a 20 percent discount today at the Susitna Club. 753-3131

**Movie Night,** Saturday at 7 p.m. for \$8 with the Young Adult Center. 753-2371

**Eklutna Trail Ride and Cookout,** Saturday at 9 a.m. for \$15 at the Outdoor Recreation Center. 552-2023

**Live Football,** Watch the biggest games via satellite Sunday at the Kashim Club. The doors open at 8:30 a.m. Open to all ranks. 753-3131

**Football Frenzy,** Qualify to get a trip to the Super Bowl and free food when your

pre-registered team plays Monday at 5 p.m. at the Kashim Club. 753-3131

**Intramural Bowling Leagues Begin,** Monday at the Polar Bowl. 552-4108

**Red Pin Bowling,** Get a strike with a red headpin and receive a free game for every paid game Monday from 5-9 p.m. at the Polar Bowl. 552-4108

**Road Bike Training Ride,** Monday at 5:30 p.m. for free at the Outdoor Recreation Center. 552-2023

**Bowler Appreciation Night,** Enjoy bowling for \$1.75 per game Tuesday from 5-9 p.m. at the Polar Bowl. 552-4108

**Children’s Story Time,** Tuesday, 10:30 a.m. at the Library. 552-3787

**Take It, Make It Crafts,** Free to take home throughout the day Tuesday at the Library. 552-3787

**Evening Hike,** Wednesday at 5 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

**Kick Ball,** Wednesday from 4:30 to 6 p.m. with the Young Adult Center. 753-2371

**New Parent Orientations,** Wednesday at 9:30 a.m. at the CDCs. 552-8304

**Introduction to Framing,** Wednesday from 5:30-9:30 p.m. Cost is \$45 for an 8.5 inch by 11 inch picture or smaller, limited to four people at the Arts and Crafts Center. 552-7012

**Baseball,** Thursday from 4:30 to 6 p.m. with the Young Adult Center. 753-2371

**Antique Country Rooster,** Thursday-Sept. 29 from 6-9 p.m. for \$35 at the Arts and Crafts Center. 552-7012

**Customer Appreciation Day,** Thursday with free food, golfing door prizes and tee times beginning at 8 a.m. at Eagleleglen. 552-3821

**Mongolian BBQ,** Thursday from 5:30 to 8:30 p.m. at the Susitna Club. 753-3131

**Mountain Bike Training Ride,** Thursday at 5:30 p.m. for free at the Outdoor Recreation Center. 552-2023

**Baked Potato Bar Social Hour,** Sept. 23 from 5-6 p.m. featuring snacks and specials at The Cave and the Kashim Lounge. 753-3131

**Power Hour Pizza Hour,** Sept. 30 from 8 to 9 p.m. with the Young Adult Center. 753-2371

\* *Arts and Crafts Center classes must be signed up for three days in advance.*



# Happy Birthday, USAF

By **Capt. Tony Wickman**  
Alaskan Command Public Affairs

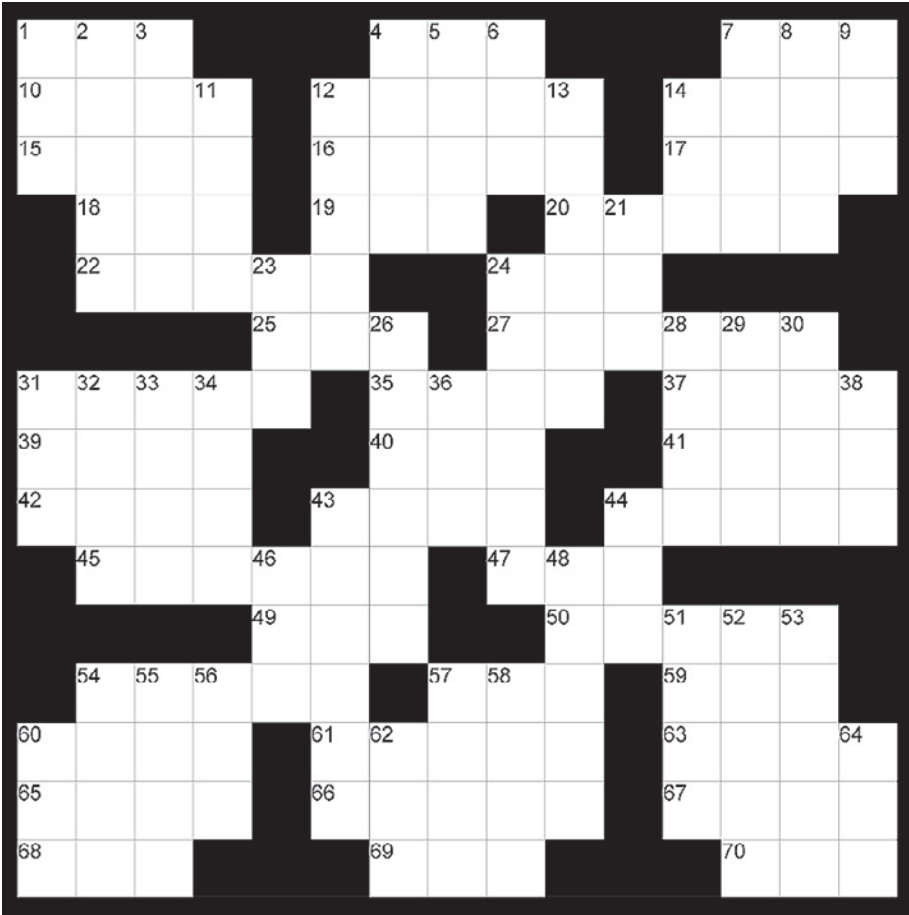
**ACROSS**

- 1. Commercials
- 4. Federal org. concerned with drugs
- 7. \_\_\_\_ vs. Wade
- 10. Category
- 12. Cpl. Vernon L. \_\_\_\_; first enlisted pilot in 1912
- 14. Gen. \_\_\_\_ Spaatz; first Chief of Staff of the USAF
- 15. Recount
- 16. French cubist artist Fernand
- 17. Pilots with 5+ kills
- 18. Bro’s sib
- 19. Donkey
- 20. Gen., Maj., CMSgt, SSgt, A1C, etc.
- 22. Plant stem
- 24. Kunsan AB host country currency
- 25. Dowel
- 27. Gen. Henry H. \_\_\_\_; only five star general in USAF history
- 31. Frederick I. \_\_\_\_; charter member of the Order of Daedalians
- 35. \_\_\_\_ on; encourages
- 37. Jacob’s first wife
- 39. Film \_\_\_\_

- 40. 2000 movie \_\_\_\_ of Honor
- 41. SE Florida county home to Homestead JARB
- 42. Repeated 3X for title film about Pearl Harbor attack
- 43. Sally \_\_\_\_; first U.S. woman in space
- 44. Estimate
- 45. Banderole
- 47. Galloped
- 49. Stat for 48 DOWN
- 50. Dallas team
- 54. Uniform material, once
- 57. Tom Brady stat
- 59. Former command developed by Gen. Curtis E. LeMay, in brief
- 60. Ache
- 61. Ralph \_\_\_\_; American lawyer, consumer protectionism pioneer
- 63. Smooth out
- 65. For Your Eyes \_\_\_\_
- 66. Simultaneous release of a rack of bombs from an aircraft
- 67. Current MAJCOM for training
- 68. Snakelike fish
- 69. Vote in favor
- 70. Comm. person in the field

**DOWN**

- 1. MCI competitor
- 2. William E. \_\_\_\_; WWII pilot & Bataan death march escapee
- 3. Break in two
- 4. Fees
- 5. Units of energy; equal to work of a force of one dyne/cm
- 6. Period
- 7. Medieval torture tool
- 8. Mining goals
- 9. Golfer Ernie
- 11. Designer Schiaparelli
- 12. Ester McGowin \_\_\_\_; first woman to enlist in Air Force
- 13. Mistakes
- 14. Able
- 21. Cape \_\_\_\_; northeast Massachusetts



- peninsula
- 23. Dr.’s asst
- 24. Lt. Boyd \_\_\_\_; first American USAAF ace of WWII
- 26. NASA space program
- 28. Brig. Gen. Robin \_\_\_\_; rated a triple air ace (WWII/Vietnam)
- 29. Lawns
- 30. Art movement
- 31. Uzal G. \_\_\_\_; 2AF commander in WWII, led Operation Tidal Wave
- 32. Blunder
- 33. Italian currency, once
- 34. Middle East country
- 36. H.S. diploma equivalent
- 38. Word of surprise
- 43. Augustine Warner \_\_\_\_; father of modern

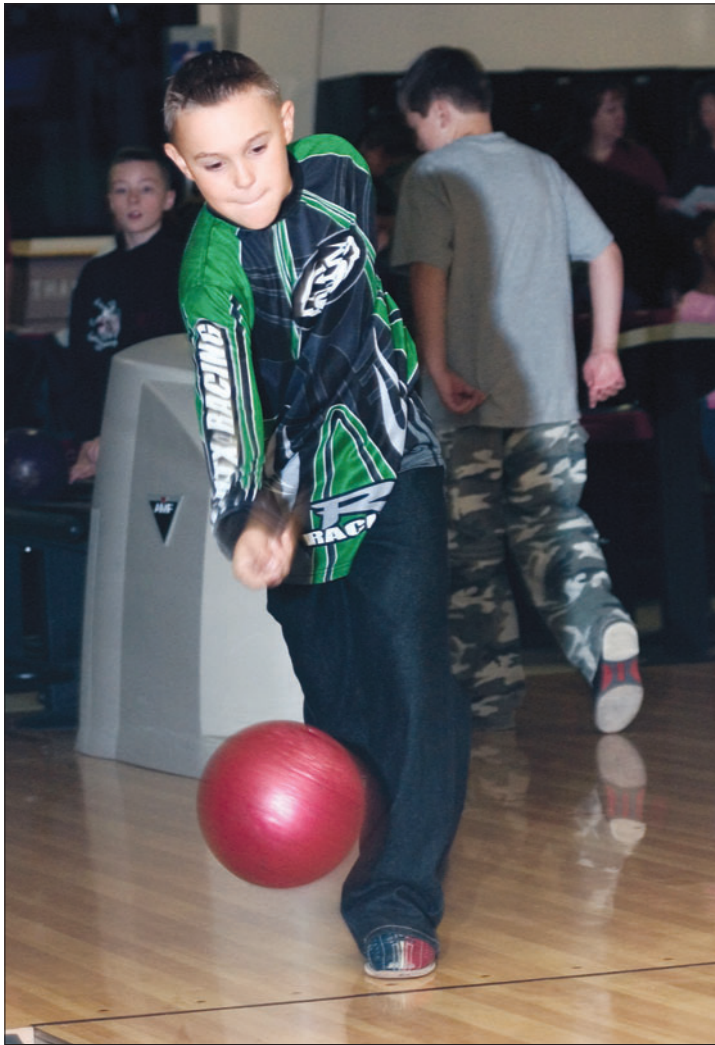
- USAF logistics
- 44. Picnic pest
- 46. Bother
- 48. Houston player
- 51. Continent home to Osan AB
- 52. Scarcer
- 53. Cpl. Frank \_\_\_\_; first enlisted man to die in aircraft accident
- 54. Citizen \_\_\_\_
- 55. Ployer P. \_\_\_\_; test pilot killed in original B-17 crash
- 56. \_\_\_\_ Given Sunday
- 57. Sit \_\_\_\_ by; do nothing
- 58. Actress Campbell
- 60. Writer Edgar Allen
- 62. Auto club
- 64. Considered “backbone” of USAF

*Last week’s solutions*





# SPORTS PAGE



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

**Above: Josh Ewing, a minor bowler with the Youth Amateur Bowling Association, rolls his first ball of the season.**

**Below: Dawn Reser, a peewee coach with YABA, helps hunt down bowling shoes for Carrie Titus's son Jacob. The season started Saturday. New signups are taken throughout the year. Call 753-0510 for information.**

## Hillberg offers ski team

The Hillberg Youth Ski Team is a program that gives children ages five to 14 the opportunity to train with qualified volunteer coaches and also an opportunity to race competitively if they desire.

HYST is designed for children that can already ski and ride the chair lift independently. However, coaches will be available to teach new skiers.

Children without ski experience are often ready to join the rest of the team after one or two sessions.

The season begins with dry land training in mid-November. Children are categorized by level of expertise and age.

Once the slopes open, the children practice with their team and coaches every Saturday from 11 a.m. to 3 p.m. with optional training at other times at the discretion of the coaches and parents.

There are several ski races during the season in which children can compete against other ski teams in the state.

There are also several family fun races where parents and siblings can also compete. The season usually ends in mid-March.

Children less than 13 years old need a responsible adult to stay at the ski slope.

Registration will be on Nov. 27 at the first practice, or through Youth Services on Fort Richardson. The following items are needed to register:

- Completed HYST Registration Form for each youth.

- Completed Youth Sports Physical for each youth.

Costs associated with joining the team:

- HYST Registration Fee, E-5 and below: \$30 per child up to a \$60 maximum per family; E-6 and above: \$50 per child up to a \$100 maximum fee per family.

- Helmets are required. Helmets will be available to rent for \$10, plus deposit.

- A lift ticket is needed. Season individual and family passes are also available. Call the Hillberg Pro Shop at 552-4838.

- Ski equipment: The team hosts a Ski Swap Nov. 5.

There are also other ski swaps scheduled this fall throughout Anchorage.

Season rentals are also available both at Elmendorf and Fort Richardson.

- A minimal racing fee for the Anchorage Youth Ski League races, \$20 for all four races, or \$8 per race, reduced price lift ticket for away races must also be purchased.

- A minimal racing fee for Family Fun Races, \$2 per participant, is also required.

Parents interested in coaching should annotate this on the registration form or call Allen Cain at 646-9974.

For youth ages 15 and older who want to learn, call Suzi or Bobby Stone at 770-4958 for more information.

*(Courtesy of the Hillberg Youth Ski Team coaching staff)*

